

# elite eight

## Tips for Achieving Optimal Health



Join us on **Saturday, March 4<sup>th</sup>** from **9am-2pm** at **ESU (HPER Building – Room 202)** for this informative, interactive, and **FUN** workshop facilitated by **Dr. Jennifer Thomas** and a few of her top-notch **Health & Human Performance** majors. This workshop is ideal for anyone wanting to learn new information, jumpstart their health goals, or find motivation for maintaining already strong health behaviors!

There will be **various demonstrations, food & drink samples**, and participants will leave with a **valuable collection of healthy living resources**. A light lunch will be provided, and **drawings for prizes** will take place throughout the day.

It is **\$40** per person, and all you have to bring is yourself! Attendance is capped at 40, it is “first come, first serve”, and payment is required when you register. [Note: *fee can be transferred/applied to another individual if extenuating circumstances arise.*]

**Whether you are focused on improving body composition, increasing vitality, or anything in between, there will be something for everyone.**

**To register, please send an email to [jthomas@emporia.edu](mailto:jthomas@emporia.edu) with the following information: Name, age, phone number, most significant current health goal or interest, and preferred method of payment (Venmo, check, or cash). Thank you!!!**